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Association of sleep-wake and macronutrient intake among preschool children

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Abstract:

Background: Sleep and nutrition are fundamental human needs and are necessary to maintain health, good quality of life and proper performance during the day. The aim of this study was to evaluate the association of sleep-wake and macronutrient intake among preschool children.

Methods: This cross sectional study was conducted in 579 preschool children (301 boys and 279 girls). Data were collected through questionnaire and by interview with mothers. Data were analyzed using T-test and regression analysis.

Results: Fat intake in girls was significantly higher than boys ($P < 0.05$).

Conclusion: Protein, fat, and daily energy intake were associated with increased sleep duration in children. Given the contradictory results of studies in this field, it seems that more studies are needed to confirm the association.

Keywords:

Sleep, Wake Time, Macronutrient Intake

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